



Full Report (All Nutrients) 09262, Pear nectar, canned, without added ascorbic acid

Report Date: June 30, 2017 19:53 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Proximates						
Water	g	84.01	22	0.173	210.03	26.2
Energy	kcal	60	--	--	150	1
Energy	kJ	251	--	--	628	7
Protein	g	0.11	22	0.004	0.28	0.0
Total lipid (fat)	g	0.01	22	0.006	0.03	0.0
Ash	g	0.10	22	0.001	0.25	0.0
Carbohydrate, by difference	g	15.76	--	--	39.40	4.9
Fiber, total dietary	g	0.6	--	--	1.5	0
Sugars, total	g	15.16	--	--	37.90	4.7
Minerals						
Calcium, Ca	mg	5	22	0.238	12	0
Iron, Fe	mg	0.26	8	0.032	0.65	0.0
Magnesium, Mg	mg	3	21	0.191	8	0
Phosphorus, P	mg	3	21	0.173	8	0
Potassium, K	mg	13	21	2.304	32	0
Sodium, Na	mg	4	21	0.440	10	0
Zinc, Zn	mg	0.07	21	0.003	0.17	0.0
Copper, Cu	mg	0.067	21	0.004	0.168	0.02
Manganese, Mn	mg	0.030	--	--	0.075	0.00
Selenium, Se	µg	0.0	--	--	0.0	0
Fluoride, F ¹ ₂	µg	11.9	11	2.255	29.8	3

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
Vitamin C, total ascorbic acid	mg	1.1	2	--	2.8	0.3
Thiamin	mg	0.002	47	0.000	0.005	0.001
Riboflavin	mg	0.013	47	0.000	0.033	0.004
Niacin	mg	0.128	47	0.012	0.320	0.040
Pantothenic acid	mg	0.022	--	--	0.055	0.007
Vitamin B-6	mg	0.014	--	--	0.035	0.004
Folate, total	µg	1	--	--	2	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	0
Folate, DFE	µg	1	--	--	2	0
Choline, total	mg	2.0	--	--	5.0	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	16	0.028	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	2	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	1	16	0.562	2	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	20	--	--	50	6
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.12	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.8	--	--	4.5	0.6
Lipids						
Fatty acids, total saturated	g	0.001	--	--	0.003	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.001	--	--	0.003	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.003	--	--	0.007	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.002	--	--	0.005	0.001
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.003	--	--	0.007	0.001
18:2 undifferentiated	g	0.003	--	--	0.007	0.001
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

²Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa